

The Recovery Handbook

Western State Hospital
Patient and Family Education Services
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Recovery from Mental Illness

You have been diagnosed with a psychiatric illness. This illness may have caused problems in many areas of your life. Treatment for your illness, including medication, will help prepare you to now begin the **recovery** process.

You did not choose to have this illness, but you can choose to take steps to recovery.

Recovery means having a mental illness, while still living a life that is fulfilling and productive.

Recovery means you can learn to accept, understand, and manage your illness, while creating a new vision and a new plan for your life.

Recovery is reclaiming your life by discovering options and taking responsibility for management of your health and well-being.

The Basic Principles of Recovery

1. People can and do **recover** from mental illness.
2. Recovery is a lifelong process.
3. Learn as much as possible about your mental illness. It will empower you.
4. Take responsibility for your health and wellness.
5. Be aware of things that cause you stress and plan ways to minimize them.
6. Build personal support systems with people who are familiar with mental illness.

7. Develop and live a lifestyle that is healthy and consistent (such as healthy nutrition, exercise, no drugs).
8. Develop goals and a plan of action for your future.
9. Remember that **recovery** isn't always linear; with steps forward there are at times steps backward.
10. Recovery is a choice.

Steps to Recovery from Mental Illness

Do

1. Learn as much as possible about your illness.
2. Take the prescribed medication treatment.
3. Take responsibility for your **recovery**. Do things that are healthy and safe for you.
4. Don't blame yourself or others for your illness.
5. Identify problems in your life that you wish to change.
6. Make a plan for your life, including ways to manage your mental illness.

When you need help with your recovery...

- ◆ Contact State Mental Health Consumer Information Number
1-800-446-0259 option #2
- ◆ Contact National Alliance on Mental Illness
NAMI Washington Helpline 1-800-782-9264
- ◆ TACID in Pierce County
565-5445

- ◆ **Suicide prevention**
1-800-273-8255
- ◆ **Supportive people**
- ◆ **Case managers/therapists**

Other Mental Health Resources

- ◆ **National Mental Health Consumer's Self-Help Clearinghouse**
1211 Chestnut Street
Suite 1207
Philadelphia, PA. 19107
215-751-1810 or
800-553-4539
<http://www.mhselfhelp.org>
- ◆ **American Psychiatric Association**
1400 K Street, NW
Washington, DC 20005
202-682-6000
<http://www.psych.org>
- ◆ **National Alliance for the Mentally Ill**
200 North Glebe Road
Suite 1015
Arlington, VA 22203-3754
703-524-7600 or 800-826-3632
<http://www.nami.org>
- ◆ **Depression and Bipolar Support Alliance**
730 N. Franklin Street
Suite 501
Chicago, IL 60610-7224
312-642-0049 or 800-826-3632
<http://www.DBSAAlliance.org>
- ◆ **National Institute of Mental Health**
6001 Executive Boulevard

Room 8184, MSC 9663
Bethesda, MD 20892-9663
301-443-4513 or 800-421-4211
<http://www.nimh.nih.gov/>

- ◆ National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971
703-684-7722 or 800-969-6642
<http://www.nmha.org>

My Recovery Plan

My plan to keep my stress reduced is _____

My plan for learning more about managing my illness is

Changes I need to make in my life to help my **recovery** are _____

People that will offer support for my **recovery** are _____

Things that I can do to maintain my **recovery** and keep myself feeling alright on a daily basis are:

- ◆ Take medications.
- ◆ Eat 3 healthy meals per day.
- ◆ Avoid caffeine, junk food, alcohol, and drugs.
- ◆ Exercise for at least ½ hour a day.

- ◆ Get exposure to outdoor light daily.
- ◆ Relax or meditate.

Emergency Phone Numbers

Case Manager or Therapist	
Crisis Line	
Family	
Ombuds Person	
Pharmacy	
Physician	
Support Group	
Supportive Person	
Other important numbers	

My Medications Are:

Recovery is Possible

For more information contact
Patient and Family Education Services
@ Western State Hospital
253/756-2767 or 253/756-3913